

AMONG FRIENDS



DECEMBER 2017



Proudly serving the Fond du Lac Community for 50 years!
...WHERE FRIENDS MEET!



A Free Monthly Publication
Vol. 8 • No. 12

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Fond du Lac Senior Center

151 E. 1st St.
Fond du Lac, Wisconsin 54935
Phone (920)322-3630
Email..... cloomans@fdl.wi.gov
Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at our Center. Visit us online at www.fdlSeniorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



The other day, I saw this “Lessons from a Christmas Tree” graphic and thought that it was worth sharing with you. When I read through the “lessons”, I realized that if you pay close attention, you’ll see people doing these things every day at our Center (hopefully without the falling over!!).



What an awesome place our world would be if each of us were more like a Christmas tree!

As we move into the holiday season, my wish for each of you is that you are touched by someone who is living like a Christmas tree, and that you pay that forward to someone else.

I wish you all a wonderful December and a very Merry Christmas!

Cathy

THE SINGING CLASS CHRISTMAS PERFORMANCE

Presented by the vocal students of Kathryn Staley-Hamm

December 10th
1:30 p.m.
FDL Senior Center

Refreshments will follow the performance

Free Admission  Open to the Public

Newsletter Crew

Editor.....Cathy Loomans
Mail Crew20+ awesome volunteers!

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at cloomans@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.



Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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*some restrictions apply

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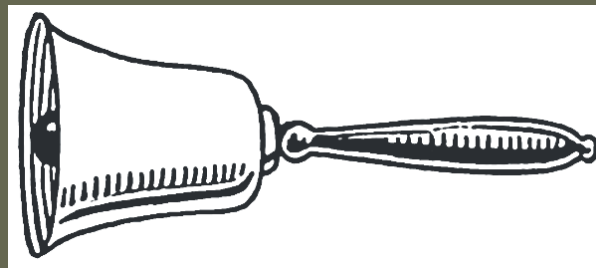
MELODIES AND MEMORIES CHOIR

Thursday, December 14
3:30– 4:30 p.m.
2nd Thursday of each month

Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners. *This is a FREE Program - just drop in!*



HANDCHIME CHOIR



Christmas Shows throughout the month of December

See monthly calendar for details.

GERMAN CLUB



Mondays
1:00
Join Us!

UMBRELLA BRIGADE

Please come see the Umbrella Brigade's upcoming performance:

December 27th
2:00 p.m.
St. Peter's Place



JAM SESSION

2nd and 4th Wednesdays at 10:00 a.m.
Get out your instruments and come "Jam Out" with us! Any instrument welcome!



GROUP SINGING CLASS



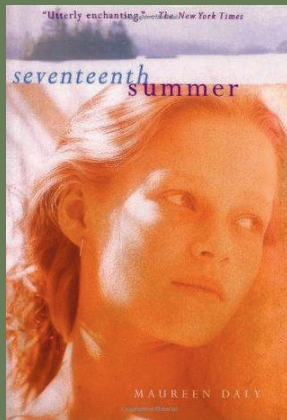
Voice Lessons in a group setting
Tuesdays from 10:00 -11:00 a.m.
Check at the front desk for next session dates.
Cost is \$25.00 for six classes. Please sign up and pay at the Front Desk!



BOOK CLUB

Monday, December 11th at 9:30 a.m. at
Annie's Fountain City Café
If interested please RSVP to Mary by calling
921-2412 by Monday, Dec. 4th
Copies available at the Senior Center

Until the summer before college, Angie Morrow didn't really date. Her mother didn't like her to go out much. But no one -- not even Angie's mother -- can resist the charm of strikingly handsome Jack Duluth. His good looks grab Angie's attention from the moment in June when Jack throws Angie a smile at McKnight's drugstore. And on their first date sailing under the stars -- when Jack leans in and whispers to Angie, You look nice with the wind in your hair, the strange new feelings begin. It's the beginning of an unforgettable summer for Angie, full of wonder, warmth, tears, challenge, and love.



BOOK OF THE MONTH: "Seventeenth Summer"
By: Maureen Daly

RED HAT CHORUS

The Center is alive with the
sound of music from the Red
Hat Chorus every
Friday at 10:00 a.m.

Come check them out!



SCAMP BAND

Wednesday mornings
at 8:30 a.m.



Come for the music, stay for the fun!

GENEALOGY GROUP

Starting again in January
Call for more information.



RED HAT HONEYS

The FDL Senior Center Chapter
of the Red Hat Society



Christmas Party and Queen Crowning

~ Tues, Dec 12th at the Holiday Inn ~
11:30 Social - Buffet at 12noon

Cost: \$6.00 Red Hatters
\$16.00 non-Red Hatters

Please join the hive at the **Holiday Inn** for
another spectacular lunch celebrating us and the
holiday season. This year we will have *Personal
Touch* provide a holiday floral demo(s).

It's also time for a new Queen Crowning.

Limit: No limit
Registration deadline: Fri, Dec 8th



CALLING ALL CARD PLAYERS

Check out our monthly calendar and Come and try your hand at one of your favorite games:



- ♦ Bridge
- ♦ Canasta
- ♦ Cribbage
- ♦ Euchre
- ♦ Hand and Foot
- ♦ Recreational Sheephead— now playing from 12:45-3:00
- ♦ Recreational Euchre—now starting at 12:30pm
- ♦ Sheephead
- ♦ Skat

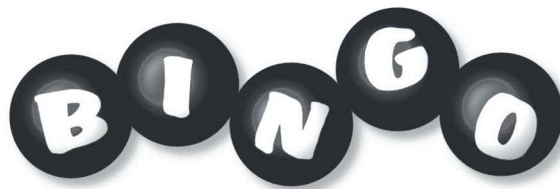
CHRISTMAS HOURS

We will be closed on
Christmas Day, December 25th
and
New Year's Day, January 1st.

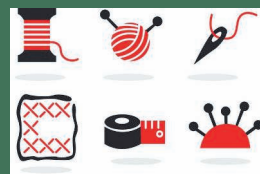


BINGO

Tuesday's at 1:00 p.m.



STITCHERY GROUP



Bring your project and join us!
Tuesdays at 1:00

QUILTING GROUPS



Flying Geese Quilting Club

1st Thursday at 1:00 p.m.

Call Nancy at 920-923-4494 for info.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 920-923-1693 for info

MEMORY WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to
share and preserve life
experiences and family history.
New members welcome!





BAGELS WITH BEN



Tuesday, December 12, 9 -10:00 a.m.

Ben Baertschy, Financial Advisor with Edward Jones Investments will be available to answer questions and give a market update.

GAME DAY



Bring your favorite game and show us how to play it!

Fridays at 1:00 - 3:30

TECH TYME

THURSDAYS THROUGH DECEMBER 14TH
1:00-3:00PM



Bring your tablet, smart phone, iPad or other electronic device and meet with the MPTC IT Club members for one-on-one help with your device.

MAH JONGG



New players always welcome!

Tuesdays 12:00

Thursdays 12:00

ART LAB

December Sessions:

Tuesday, Dec. 5, 12, 19

Lab offered:

Acrylic & Oil Painting:

Tuesdays, 10am—noon

Drawing & Watercolor

Tuesdays, 1pm-3pm



\$16 for a
4-class
punch card!

(Mixed Media is now being incorporated into the 10am and 1pm classes)

Please sign up at the Front Desk!

WOODCARVING CLUB



Monday 9:00 a.m.

New members always welcome!

SCRAPBOOKING

Weekly Scrapbook Group
Thursdays at 10:00 a.m.





Monthly Movies



THURSDAY, DECEMBER 7: MAUDIE

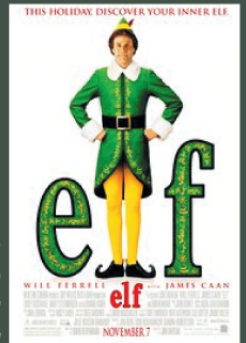
11:45 a.m. Lunch (optional);
1:00 p.m. Movie
2017 · 1hr 55min · PG-13
Biography/Drama
/Romance
Starring: Sally Hawkins, Ethan Hawke



Summary: The film begins with a shot of Hawkins, looking old and frail, twisting her body as she dips a brush into a paintbox, and then, with seemingly great difficulty, applying some color to a simple flower design on the wall behind her. The shot brings up a number of questions: what is the character suffering from? Why is she painting flowers on the wall? And so on.

WEDNESDAY, DECEMBER 20: ELF

11:45 a.m. Lunch (optional);
1:00 p.m. Movie
2017 · 1hr 37min · PG - Comedy, Family
Starring: Will Ferrell

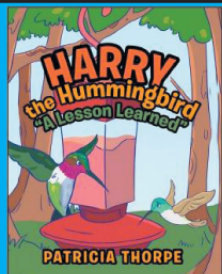


Summary: In ELF, Buddy, a human raised as one of Santa's elves who discovers at age 30 that he has a real father named Walter who lives in New York City and is on Santa's "naughty" list. Buddy leaves the North Pole to find Walter, knowing only what he's learned from the elves. Walter, who's in publishing, is in trouble because he has to find a successful new children's story by Christmas Eve. Meanwhile, when Buddy stops by the Santa display at Gimbel's, he meets pretty Jovie. On his way to saving the day and ensuring a happy ending for everyone from the North Pole to NYC, Buddy gets many chances to do silly things as he experiences New York and gets to know Jovie and his family.

Mark your calendar for January movies:
Thursday, Jan. 4th, 1pm: The Glass Castle
Wednesday, Jan. 17th, 1pm: Champion

If you're interested in watching a movie, please call to register at (920) 322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 9 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!



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Sharon Wilson



Josef French



Andrew Pike



Luke Tranel



Joe Ziegler



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2017 FOND DU LAC COUNTY SENIOR DINING

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com under the “Services” tab.

- Friday, December 1: Baked Spaghetti
- Monday, December 4: Pork Steak
- Tuesday, December 5: Chicken Teriyaki
- Wednesday, December 6: Swiss Steak
- Thursday, December 7: Chicken, Broccoli & Rice Casserole
- Friday, December 8: Bratwurst on a Bun
- Monday, December 11: Escalloped Potatoes
- Tuesday, December 12: Pepper Steak
- Wednesday, December 13: Baked Chicken
- Thursday, December 14: BBQ Pork Cutlet
- Friday, December 15: Swedish Meatballs
- Monday, December 18: Chicken Breast
- Tuesday, December 19: Pot Roast
- Wednesday, December 20: Roast Turkey
- Thursday, December 21: Glazed Ham
- Friday, December 22: Chopped Steak in Burg/ Mush Sauce
- Monday, December 25: Merry Christmas
- Tuesday, December 26: Hawaiian Meatballs
- Wednesday, December 27: Baked Chicken
- Thursday, December 28: Beef Stroganoff
- Friday, December 29: Salisbury Steak

2018 DINE OUT COUPON BOOKS NOW AVAILABLE

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 50 coupons from 40+ different restaurants! Purchase a coupon book today!

ROMEOS

All men are welcome to join the “Retired Old Men Eating Out” for noon lunch. You don’t have to be retired (or old) to join in on the camaraderie & fun!

Thursday, December 7th 12:00
Rolling Meadows Restaurant
947 S Rolling Meadows Dr.



Call our Center at (920) 322-3630 to register!
The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if interested!

SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! You **MUST** call our Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.



770 S. Main Street. Fond du Lac
Saturday, December 16
Social: 5:00 p.m. & Dinner: 5:30 p.m.

TUESDAY NIGHT DINING GROUP

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails beginning at 5:00 p.m. and dinner at 6:00 p.m.

- | | |
|--------------------|--|
| December 5 | Paddy's 302 W. Main Eden |
| December 12 | Sombrero's 445 N. Pioneer FDL |
| December 19 | Blanck's Lake Aire N8751 Lake Shore Dr. FDL |
| December 26 | Sunset on the Water N7364 Winnebago Dr. FDL |

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS



YOGA FIT



Saturdays
9:00-10:00am

\$5 walk in or a 10 class punch card for \$40.00
is available from Instructor Kirsten Quam

LOW IMPACT HEAD TO TOE STRETCH WITH SARAH DOCTER



Mondays 9:00 - 9:30 a.m.

LOW IMPACT EXERCISE VIDEO

Wednesdays 10:00 –10:30 a.m.
Free admission, men and women, stop in!

CHAIR TAI CHI CONCEPTS



Come and check out the Chair Tai Chi Concepts class—a perfect class whether you want to practice Tai Chi from a standing or sitting position. Drop in for this **FREE** class on Fridays 9:00-9:45 am

SELF DEFENSE CLASS

Fridays from 10:30-11:30am
with Laurence Lewis
No registration required
Free admission, just drop in!!



BALANCE & BODY MOVEMENT CLASS



Fridays from 10 -10:30 a.m.

Laurence Lewis leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels. **NO REGISTRATION REQUIRED**
FREE ADMISSION, JUST DROP IN!!



ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in or a 10 class punch cards \$40.00
available from Instructor Kirsten Quam



BEGINNING COUNTRY LINE DANCING

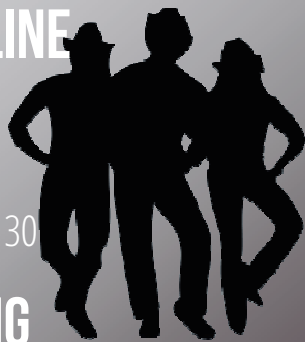
Saturdays 10 to 11:30 a.m.

Next Session: December 2, 9, 16, 30

COUNTRY LINE DANCING

Thursdays 6 to 7:30pm

Next Session: December 7, 14, 21, 28



4 classes for only \$10.00
Punch cards available at the front desk.

HIKING GROUP



This group meets on Tuesdays &
Thursdays at 10 a.m.
*Please call Ruth at
921-7192 for more information.*

TAI CHI CLASS

Tuesdays 9 to 10 a.m.
Next Session Starting January 2nd
8 classes for \$45
Please register and pay at the front desk.

STRONG BODIES

Sign up now for the next session:

Monday and Wednesday
7:00-8:00 AM Jan. 8 - March 14th OR
Tuesday and Thursday
5:00-6:00 PM Jan. 9 - March 15th

\$45.00 for 10 weeks

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian Home Health

Friday, December 8th 9:00 a.m.

No appointment needed. Donations accepted.



BLOOD SUGAR TESTING

Sponsored by Fond du Lac Lutheran Homes & Health Services

Friday, December 8th 9:00 a.m.

No appointment needed. *12-hour fast required.* Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center
FREE hearing screenings and FREE hearing aid cleaning.
2018 Dates to be announced.

LIPID PANEL SCREENINGS

2018 Dates to be announced.
Price for Tests: \$25 – HSP2 (LIPID+LU)
\$45 – VITAMIN D (25VD)

CARDIO DRUMMING



Tuesdays at 3:15 p.m.

First Class is free!!!

8 classes for only \$24!!

Punch cards are sold at the front desk.



Outreach



SENIOR OUTREACH PROGRAM

Become an Outreach Volunteer!

The gift of your time can make a giant impact in the life of a lonely or isolated senior.

For more information, call Sarah Docter
at (920) 322-3641



December's Outreach Schedule:

GROUP COMMUNITY CARES ENRICHMENT ACTIVITY

All About Life Wednesday, December 13th at 1:30PM
Ginger Bread House decorating

COMMUNITY CARES

The next Community Cares visit will be on Tuesday, December 19th from 2:00 to 3:00 p.m. Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. Sharing an hour of your time can have a big impact!

SAVE THE DATE!



Outreach Program Christmas Breakfast
December 7th
9:00

Rolling Meadows Restaurant

Must be an outreach volunteer to attend

The Senior Outreach
Program is funded in part
by the Fond du Lac area
United Way





RED HAT HONEY CHORUS

Friday 10:00 a.m.

Whether it's dressing up for an outing or entertaining out in the community or for our Veteran's Day Breakfast, these ladies are always having a good time!

Fond du Lac
Karen



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December

Monday	Tuesday	Wednesday	Thursday	Friday		
<div><div>LET'S DO LUNCH!</div><div>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of lunch \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 12:00 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</div><div><div></div><div>Senior Dining</div><div>Fellowships, Food & Fun</div></div></div>	<div><div>4</div><div><div>7:00 Strong Bodies</div><div>9:00 Low Impact Head to Toe Stretch</div><div>9:00 Woodcarving Club</div><div>1:00 Euchre</div><div>12:30 Recreational Euchre</div><div>1:00 German Club</div><div>1:00 Poker</div><div>1:15 Sheephead</div><div>5:30 Zumba Gold</div><div>5:30 FDL Artist Association</div></div><div><div>5</div><div><div>8:30 Pool League 8 Ball</div><div>9:00 AARP Board Meeting</div><div>9:00 Tai Chi</div><div>10:00 Hiking</div><div>10:00 Acrylic & Oil Painting Class</div><div>10:00 Group Singing Class</div><div>12:00 Mahjongg</div><div>12:30 Bridge</div><div>1:00 Bingo-Sponsor: Harbor Haven</div><div>1:00 Stitchery Group</div><div>1:00 Drawing & Watercolor Class</div><div>3:15 Cardio Drumming</div><div>5:00 Strong Bodies</div><div>6:00 Winnebago Woodworkers @ NFDL HS</div><div>6:00 Senior Dining -Paddy's Social 5:30</div></div></div></div>	<div><div>**All Orange Events are held Offsite</div><div>Billiard Room open daily for open Pool except during league playing time.</div></div>	<div><div>6</div><div><div>7:00 Strong Bodies</div><div>8:30 Pool League 9 Ball</div><div>8:30 SCAMP</div><div>9:00 Hand Chimes @ Touchstone</div><div>10:00 Jam Session Practice</div><div>10:00 Low Impact Video Exercise</div><div>12:00 Hand & Foot</div><div>12:00 Canasta</div><div>12:45 Recreational Sheephead</div><div>1:15 Sheephead</div><div>7:30 Wed Night Dance</div></div><div><div>7</div><div><div>8:00 Skat</div><div>9:00 Senior Outreach</div><div>10:00 Hand Chimes @ Woodlands Building #87</div><div>10:00 Hiking</div><div>10:00 Scrapbooking</div><div>10:00 Beginning Bridge</div><div>12:00 ROMEO's—</div><div>12:30 Bridge</div><div>1:00 Cribbage</div><div>1:00 Tech Tyme</div><div>1:00 Flying Geese Quilters</div><div>1:00 Movie— "Maudie"</div><div>5:00 Strong Bodies</div><div>5:45 TOPS #0566</div><div>6:00 Country Line Dancing</div><div>6:00 Chartastics Crafters Club</div><div>6:00 Local Parents of Angels</div></div></div></div>	<div><div>1 Packer Day —Wear Green & Gold</div><div>9:00 Chair Tai Chi Concepts</div><div>10:00 Balance and Body Movement</div><div>10:00 Red Hat Chorus</div><div>10:30 Self Defense Class</div><div>1:00 Wii Bowling</div><div>1:00 Memories Writers Group</div><div>1:15 Sheephead</div><div>1:30 Game Day</div><div>2:00 Christmas Caroling - meet at Forest & Main</div><div>2 Saturday</div><div>10:00 Beg. Country Line Dance</div><div>3 Sunday</div></div>	<div><div>8 Packer Day —Wear Green & Gold</div><div>9:00 Health Screenings and Hearing Screening</div><div>9:00 Chair Tai Chi Concepts</div><div>10:00 Balance and Body Movement</div><div>10:00 Red Hat Chorus</div><div>10:30 Self Defense Class</div><div>1:00 Wii Bowling</div><div>1:00 Memories Writers Group</div><div>1:15 Sheephead</div><div>1:30 Game Day</div><div>9 Saturday</div><div>10:00 Beg. Country Line Dance</div><div>10 Sunday</div><div>1:30 "Singing Class" Christmas Concert At FDL Senior Center</div></div>	<div><div>15 Packer Day —Wear Green & Gold</div><div>9:00 Chair Tai Chi Concepts</div><div>10:00 Balance and Body Movement</div><div>10:00 Red Hat Chorus</div><div>10:30 Self Defense Class</div><div>1:00 Wii Bowling</div></div>
<div><div>11</div><div><div>7:00 Strong Bodies</div><div>9:00 Low Impact Head to Toe Stretch</div><div>9:00 Woodcarving Club</div><div>9:30 Book Club Christmas</div></div><div><div>12</div><div><div>8:30 Pool League 8 Ball</div><div>9:00 Tai Chi</div><div>9:00 Bagels with Ben</div><div>10:00 Hiking</div><div>10:00 Acrylic & Oil Painting Class</div></div></div></div>	<div><div>13</div><div><div>7:00 Strong Bodies</div><div>8:30 Pool League 9 Ball</div><div>8:30 SCAMP</div><div>9:00 Hand Chimes @ Woodlands (Lynn Ave)</div></div><div><div>14</div><div><div>8:00 Skat</div><div>9:00 Foot Care</div><div>9:00 Hand Chimes @ Grancare</div><div>10:00 Hiking</div><div>10:00 Scrapbooking</div><div>10:00 Beginning Bridge</div></div></div></div>		<div><div>15 Packer Day —Wear Green & Gold</div><div>9:00 Chair Tai Chi Concepts</div><div>10:00 Balance and Body Movement</div><div>10:00 Red Hat Chorus</div><div>10:30 Self Defense Class</div><div>1:00 Wii Bowling</div></div>			

<p>Gathering @ Annie's Fountain Cafe</p> <p>1:00 Euchre</p> <p>12:30 Recreational Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>4:30 Senior Center Christmas Party 4:30 Social / 5:30 Dinner at the KC Hall</p> <p>5:30 Zumba Gold</p>	<p>10:00 Group Singing Class</p> <p>11:30 Red Hat Honey Christmas Party and Queen Crowning</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: The Meadows</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Coin Club</p> <p>6:00 Senior Dining-Sombrero's Social 5:30</p>	<p>10:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>11:30 AARP Christmas Party</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Holiday Sing Along with Karin and Jess</p> <p>1:00 Cribbage</p> <p>1:00 Tech Tyne</p> <p>3:30 Melodies and Memories Choir</p> <p>5:00 Strong Bodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>7:00 Sunset Stitches</p>	<p>16 Saturday</p> <p>10:00 Beg. Country Line Dance</p> <p>5:00 Supper Club—Sunset on the Water</p> <p>17 Sunday</p>	<p>18</p> <p>7:00 Strong Bodies</p> <p>8:30 Newsletter Assembly</p> <p>9:00 Low Impact Head to Toe Stretch</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>1:00 Euchre</p> <p>12:30 Recreational Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p> <p>6:30 FDL Concert Association</p>	<p>19</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>3:15 Cardio Drumming</p> <p>5:00 Strong Bodies</p> <p>6:00 Winnebago Woodworkers at NFDL HS</p> <p>6:00 Senior Dining-Blanck's Lake Aire Social at 5:30</p>	<p>20</p> <p>7:00 Strong Bodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes @ St. Francis Home</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:00 Movie—"Elf"</p> <p>12:45 Recreational Sheephead</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>21</p> <p>8:00 Skat</p> <p>9:00 Hand Chimes @ Woodlands Building #77</p> <p>10:00 Hiking</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>5:00 Strong Bodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Charastics Crafters Club</p> <p>6:00 Local Parents of Angels</p>	<p>22 Packer Day—Wear Green & Gold</p> <p>9:00 Friends Board</p> <p>9:00 Chair Tai Chi Concepts</p> <p>10:00 Balance and Body Movement</p> <p>10:00 Red Hat Chorus</p> <p>10:30 Self Defense Class</p> <p>1:00 Wii Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>23 Saturday</p> <p>24 Sunday</p>	<p>25</p> <p></p>	<p>26</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Lincoln House</p> <p>1:00 Mahjongg</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at NFDL</p> <p>6:30 Senior Dining-Sunset on the Water - Social at 5:30</p>	<p>27</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 No Hand Chimes</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>28</p> <p>8:00 Skat</p> <p>9:00 No Hand Chimes</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Cribbage</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p>	<p>29 Packer Day—Wear Green & Gold</p> <p>9:00 Chair Tai Chi Concepts</p> <p>10:00 Balance and Body Movement</p> <p>10:00 Red Hat Chorus</p> <p>10:30 Self Defense Class</p> <p>1:00 Wii Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:30 Game Day</p> <p>30 Saturday</p> <p>31 Sunday</p>
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI.

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Please Join Us For The



17

FRIENDS ANNUAL CHRISTMAS PARTY



Monday, December 11th ~ KC Hall
Everyone Welcome

4:30 Social

5:00 Banquet Hall Doors open

5:30 Dinner

6:15 WLA Choir

6:45 Door Prizes

7:00 Social/ Dance Music Provided by The Rascals

Menu includes choice of: Baked Ham w/Pineapple Glaze OR Breast of Turkey

Dressing ♦ Whipped potatoes ♦ Gravy ♦ Seasonal Vegetables ♦ Ice cream

\$14.50 Per Person

New this year ~ Dinner and Dancing

FRIENDS OF THE FOND DU LAC SENIOR CENTER CHRISTMAS PARTY

Registration Deadline: Monday, December 4th

Name: _____

☐

Baked Ham

☐

Breast of Turkey

Name: _____

☐

Baked Ham

☐

Breast of Turkey

Telephone: _____ Check #: _____ Cash: _____ TOTAL PAID: _____

Please make checks payable to: Friends, Inc. Cut this reservation form at the dotted line and drop off or mail in with payment. Space is Limited—Sign up as soon as possible.

Office Use Only:

Date Paid _____ Receptionist Initials _____ ☐ Paid in Person ☐ Registered by Mail

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-WE'RE GOING PLACES

Happy Travelers' Office 322-3635/322-3633
happytravelers@fdl.wi.gov

Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers.
Membership fees are \$10 for a single and \$15 for a married couple.

Reminders:

- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.

UPCOMING TRIPS—CALL SOON TO SAVE YOUR SPOT!!!

MIRACLE ON 34TH STREET

\$105 IN

Thursday, December 7
8:15am—6:00pm
Fireside Theatre

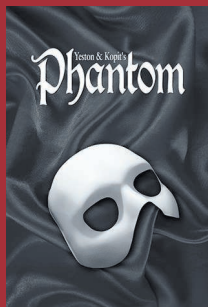


"PHANTOM"

\$109 IN

Thursday, January 18

This play digs deep into the life of his tortured soul in a show filled with romance and mystery, thrills and excitement. Enjoy beautiful music and a delicious meal at the Fireside Theatre.



FASCHING DINNER & SHOW

Dorf Kapelle Band,
Johnsonville
Sunday, February 18
\$65 IN

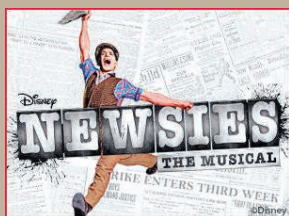


NEWSIES

\$109 IN

Thursday, March 1
Fireside Theatre

Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a ragged band of teenaged newsies, who dreams only of a better life from the hardship of the streets. High energy, non-stop thrills and amazing music makes this a don't miss show.



DANNY O'DONNELL

\$112 DT

Saturday, March 3, 2018
3:00 Show

Crystal Grand Theater
Wisconsin Dells



ON WISCONSIN!

Madison
Thursday, May 3rd
\$69 IN

Join us as we see Madison up close and personal. We'll take a tour of Camp Randall, check out Bucky's Locker Room, have lunch at the famous Nitty Gritty and tour the Governor's Mansion.



HAPPY TRAVELERS

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19

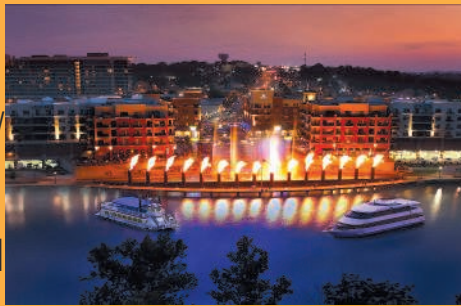
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\$949 Dbl
\$1189 Sgl



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Diamond Tour
6 Day Trip
Monday—Saturday
November 12 -17,
2018
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SGL price for a single

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2018 Iceland: Land of Fire & Ice

October 13-19,
2018

\$3899 Dbl \$4249 Sgl

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and the Oberammergau Passion
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PARKINSON DANCE/MOVEMENT CLASS

at the FDL Senior Center will be returning in Spring. Find more information at wiparkinson.org or call 414-312-6990

The PD support group at Aurora will not be meeting until February. Call Lori Anderson at Fond du Lac County's Department of Senior Services at (920) 906-4792 with any questions.



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Friday, December 1st 2:00p.m.
(Weather Permitting)

Meet on the corner of Main St. & Forest Ave.

Everyone Welcome!

MEMORY CAFÉ

alz.org | **alzheimer's association**

JAZZ PAINTING - Paint to Music
December 5, 2017 ~ Annie's Fountain City Café
1:00 – 2:30

YOU'VE GOT A FRIEND IN ME - Celebrating Our Care Partners
December 21, 2017 ~ Fond du Lac Public Library
1:00 – 2:30

Save the Date
Annual Meeting of the
Friends of the Fond du Lac Senior Center



Thursday, January 25th
3:00 p.m.

Medicare open enrollment

continues through December 7th
Call Julie Hillbert at 920 929-3521 for an appointment to discuss your options



PIZZA PARTY WITH SANTA

At the FDL Senior Center



Bring your favorite young person for an afternoon of crafts, pizza, and a visit from Santa

Friday, December 1st
4:30-6:00 p.m.

Support Groups

ALZHEIMER'S SUPPORT GROUP
No December Meeting

DIABETIC SUPPORT GROUP
Tuesday, Dec. 19; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS*
Thursday Dec. 7 & 21 6:00-8:00 p.m. (1st & 3rd Thursday)
Fond du Lac Senior Center, 151 E. First Street Room 1
*The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!

PARKINSON'S SUPPORT GROUP
No December Meeting

PROSTATE CANCER SUPPORT GROUP
Tuesday, Dec. 12, 8:30 a.m. (2nd Tuesday)
Rolling Meadows Family Restaurant
947 S. Rolling Meadows Drive



GET IN THE CHRISTMAS SPIRIT AT THE HOLIDAY SING ALONG

with Jess Ellison and Karin Whealon



DECEMBER 14TH 1:00

There will be door prizes, beverages, and
homemade treats!

Coming in January:

THE POWER OF ONE

Join us for this 5 part series that covers these important topics for
widows and widowers

January - May

2nd Wednesday of each month at 1:30 p.m.

- January: Financial Tips for Widow(er)s
- February: Simple Household Maintenance
Tips and Contractor Scams
- March: You're Not Crazy You're Grieving
- April: Getting Involved
- May: Taking Care of You

AARP CHRISTMAS PARTY DECEMBER 14TH

Good Shepherd Lutheran Church

Doors open: 11:30

Lunch: 12:00



Menu includes:

Chicken Cordon Bleu, Parsley Buttered
Potatoes, Green Bean Casserole, Cashew
Apple Salad, Dessert
Coffee and Milk

Catered by the Eden Café

Cost \$15.00 per person

* Raffle * Lots of Fun! * Prizes *

Entertainment by the Winnebago
Lutheran Choir

Name(s): _____

Phone: _____

\$15 per person. Amount Enclosed: _____

*Make check payable to "AARP Chapter 614," and
drop it off at the FDL Senior Center front desk or
mail to: Charlotte Nelson, 377 Walker Street, Fond
du Lac, WI 54935. The deadline to register is
Friday, December 8th.*

AARP[®]
Real Possibilities



Activities Index



Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

GROUPS

BOOK CLUB

2nd Monday at 9:30 a.m.

CHAR-TASTIC CRAFTERS

1st & 3rd Thursday from 6–8 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 donation

Wednesday 7:30–9:30 p.m. Call Caroline at 920-929-9333 for info.

GAME DAY

Fridays at 1:00 p.m. - 3:30 p.m.

GENEALOGY

Wednesdays at 1:00 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays/Thursdays at 9:00 a.m.

JAM SESSION

2nd & 4th Wednesdays at 10:00 a.m.

MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30 p.m.

POOL LEAGUES

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m. Call Nancy at 920-923-4494 for info.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m. Call Laura at 920-923-1693 for info.

RED HAT HONEYS

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

RED HAT HONEYS CHOIR

Fridays at 10:00 a.m.

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.
(except March, July and December)

TECH TYME

Thursdays at 1 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 5:45 p.m.

WINNEBAGO

WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.
General meeting held at the FDL Senior Center

Other Tuesdays from 6:00-8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

HEALTH & FITNESS

BALANCE & BODY MOVEMENT

Fridays at 10:00 a.m.

BIKE RIDE

3rd Wednesday at 10:30 a.m.
Spring - Fall

CARDIO DRUMMING

Tuesdays at 3:15 p.m.

CHAIR TAI CHI CONCEPTS

Fridays 9:00

HIKING/WALKING CLUB

Tuesdays and Thursdays at 10:00 a.m.

LADIES GOLF LEAGUE

Mondays and Wednesdays at 9:30 a.m. from May-August

LOW IMPACT CHAIR EXERCISE

Mondays at 9:00 a.m.

SELF DEFENSE

Fridays at 10:30 a.m.

STRONG BODIES

Monday and Wednesday 7:00 a.m.
Tuesday and Thursday 5:00 p.m.

TAI CHI

Tuesdays at 9:00 a.m.

VIDEO CHAIR EXERCISE

Wednesdays at 10:00 a.m.

YOGA FIT

Saturdays at 9:00 a.m.

YOGA WITH JEANNE

Thursdays at 10:45 a.m. Classes fill fast—stop in to check availability.

ZUMBA GOLD

Mondays at 5:30 p.m.



Activities Index

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MEETINGS

AARP MEETING

3RD Thursday at 1:30

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30 p.m. Except November when they meet the 5th Thursday

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00 a.m.
Meets at Aurora Health Care Center

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.
Meets at the Rolling Meadows Family Restaurant

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00 p.m.
Meets at Aurora Health Care Center

RECREATION

CARD GAMES

BRIDGE \$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced
For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays
at 12:00 p.m.

CRIBBAGE

Thursdays at 1:00 p.m.

RECREATIONAL EUCBRE

Mondays at 12:30 p.m.

REGULAR EUCBRE

Mondays at 12:30 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

Mondays at 1:15 p.m.

Jack of Diamonds \$1.50

Wednesdays & Fridays at 1:15 p.m.

Black Queens \$1.50

RECREATIONAL SHEEPSHEAD

Wednesdays at 12:45p.m.—3p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

OTHER ACTIVITIES

BINGO 50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: Fond du Lac Lutheran Home
2nd Tuesday (odd months): Manor Care
2nd Tuesday (even months): Harbor Haven
3rd Tuesday (odd months): Almost Family
3rd Tuesday (even months): The Meadows
4th Tuesday (odd months): Rehab Arisces
4th Tuesday (even months): Lincoln House
5th Tuesday: Visiting Angels

MAHJONGG

Tuesdays at 12:00 p.m.

Thursdays at 12:00 p.m.

POOL

Open Pool daily

POOL LEAGUES

8 Ball Tuesdays 8:30am

9 Ball Wednesdays 8:30am

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play

(September—April)

Subs also needed for league play



ART & DANCE

ACRYLIC & OIL PAINTING LAB

Tuesdays at 10:00 a.m.

DRAWING & WATERCOLOR LAB

Tuesdays at 1:00 p.m.

BEGINNING COUNTRY LINE DANCING

Saturdays at 10:00 a.m.

COUNTRY LINE DANCING

Thursdays at 6:00 p.m.

SPECIAL EVENTS

MOVIES

1ST Thursday and 3RD Wednesday at 1:00 p.m.

(Dates could vary)

SALT/TRIAD

(Seniors and Law Enforcements Together)

4TH Thursday at 1:00 p.m. *odd months January—September*

ROMEOS

(Retired Old Men Eating Out)

1ST Thursday at Noon – Restaurant
Varies

SUPPER CLUB

Dates vary, please check the "Dining" section in the Newsletter for more details – Restaurant Varies

Bagels with Ben

2nd Tuesday at 9:00am



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- ✓ Attentive Caring Staff
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Each Visiting Angels agency is independently owned and operated.

2018 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2018 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

**THANK YOU FOR SUPPORTING THE FRIENDS -
RENEW YOUR MEMBERSHIP NOW!**

☐ **\$ _____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2018 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2018 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2018 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2018 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

December 2017 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

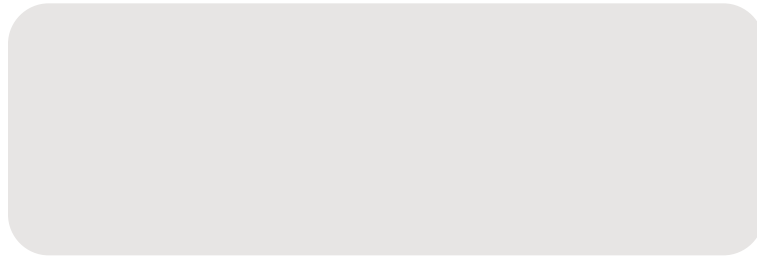
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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.